

A WEEK OF MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Boiled fish Windigo Bannock* Orange 1% Milk	Boiled egg Cheerios, plain Kiwi or berries 1% Milk	Boiled fish Rice (brown or long grain) Sliced cabbage (boiled) 1% Milk	Boiled egg Oatmeal Apple 1% Milk	Peanut Butter 100% whole wheat (ww) bread Banana 1% Milk	Frittata* 100% ww bread Orange 1% Milk	Boiled egg Oatmeal Blueberries 1% Milk
Snack	Carrot Apple Water	Nuts (small handful) Raisins (2 Tbsp) Water	Carrot Apple Water	2 cookies (e.g. gingersnap or digestive) Water	Carrot Apple Water	Nuts (small handful) Raisins (2 Tbsp) Water	Carrot Apple Water
Lunch	Casserole with - Macaroni - canned tomatoes - Ground beef Salad Light dressing 1% Milk	Sandwich - 100% ww bread - Moose - Lettuce - Tomato Apple 1% Milk	Crockpot stew - Meat - Potatoes - Carrots, onions - Tomato sauce - Beef broth Orange 1% Milk	Sandwich - 100% ww bread - chicken - light mayo - lettuce - tomato Grapes 1% Milk	Salmon Chowder* Windigo Bannock* Orange Water	Fried rice with - onions - green peas - egg - cooked meat - soy sauce Apple 1% Milk	Salmon salad sandwich - 100% ww bread - canned salmon - light mayo - celery Fruit salad in juice 1% Milk
Snack	Peanut butter 4-6 crackers Water	Fat & sugar-free yogurt Water	Peanut butter 4-6 crackers Water	Fat & sugar-free yogurt Water	Peanut butter 4-6 crackers Water	Fat & sugar-free yogurt Water	2 cookies (e.g. gingersnap or digestive) Water
Dinner	Pork chop (no fat) Rice (brown or long grain) Mixed vegetables 1% Milk	Boiled chicken (no skin) Potatoes, boiled Carrots 1% Milk	Moose Windigo Bannock* Brown beans Green peas 1% Milk	Boiled fish Rice Broccoli 1% Milk	7 Layer Dinner* Blueberries 1% Milk	Spaghetti with meat sauce Salad Light dressing 1% Milk	Moose Pot barley Mixed vegetables 1% Milk
Snack	3 c. popcorn (air popped or light) Light hot chocolate with 1% Milk	Peanut butter 4-6 crackers Water with lemon	3 c. popcorn (air popped or light) Light hot chocolate with 1% Milk	Peanut butter 4-6 crackers Water with lemon	3 c. popcorn (air popped or light) Light hot chocolate with 1% Milk	Peanut butter 4-6 crackers Water with lemon	3 c. popcorn (air popped or light) Light hot chocolate with 1% Milk

Other things: 1/ For items with a *, see recipes on back. 2/ ww means "whole wheat". 3/ Portion sizes vary by age, activity level and so on - a good guide is usually hunger. Eat slowly and stop when you are no longer hungry. Skip snacks if you are not hungry and are trying to lose weight. If you take diabetes medication or insulin (or if you have another medical condition), ask your doctor or dietitian if there is anything you should know about your medication and meals (or food choices).

Salmon-Vegetable Chowder

2 tablespoons canola oil
2 diced potatoes
2 diced carrots
1 diced celery stick
1 small onion
 $\frac{1}{2}$ cup water
2 cups 1% milk
1 can (19oz) creamed corn
1 can (7 $\frac{3}{4}$ oz) salmon
 $\frac{1}{2}$ tsp salt
Pepper to taste
2 tsp fresh parsley (or 1 tsp dry) (optional)

Fry vegetables in the oil and then add water. Cover and steam until vegetables are almost soft. Add the rest of the ingredients and simmer (not a fast boil) about 20 minutes.

Frittata

$\frac{1}{2}$ green pepper, finely diced
 $\frac{1}{2}$ red pepper, finely diced
1 cup mushrooms, sliced
4 green onions, sliced
1 handful shredded/grated cheese
6 eggs

Mix all ingredients together. Fry in about 4 batches in a little hot oil in a small fry pan.

When it is golden brown on one side, flip it. You can use a plate to help you (put a plate over the pan. Turn the frittata out onto the plate. Put the frittata back into the pan). If you are unsure that it is cooked all the way through, put it into the microwave.

Windigo Bannock

2 $\frac{1}{2}$ cups flour
2 $\frac{1}{2}$ cups whole wheat flour
2 cups oatmeal
3 tablespoons of baking powder
 $\frac{1}{2}$ cup skim milk powder
 $\frac{1}{2}$ cup canola oil
2 cups water

The following are optional:
1 cup currants or raisins or blueberries

Mix together the dry ingredients. Stir in the oil until the dry ingredients look like crumbs. Mix in the water. Press into 2 greased 9 inch square pans and poke top with a fork. Bake at 400 F for about 25 minutes or until it sounds "hollow".

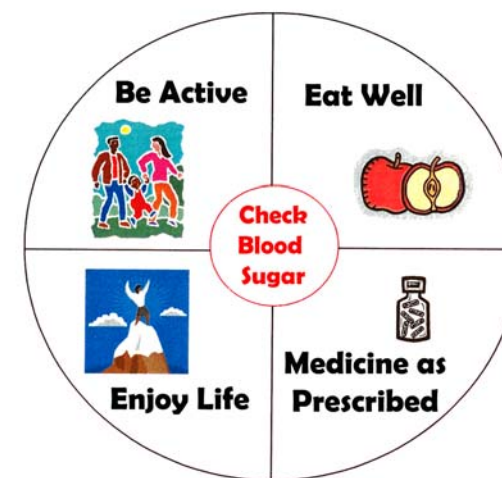
7 Layer Dinner

1 layer of sliced raw potatoes
1 layer sliced raw onions
1 layer sliced raw carrots
 $\frac{1}{4}$ cup uncooked long-grain rice
1 layer frozen peas or corn
1 layer cooked ground beef, drained
1 can tomato soup mixed with 1 can water

Layer all of the ingredients in a casserole or baking dish with the tomato soup poured over the top. Salt and pepper each layer lightly. Poke holes through the layers.

Cover and bake at 350 F for 1 and a half hours.

A WEEK OF HEALTHY MEALS AND RECIPES



Windigo First Nations Council

Aboriginal Diabetes Initiative 2006-7
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